

# Maa Chandraghanta – Third form of Maa Durga

Maa Chandraghanta is one who establishes justice and wears crescent moon on Her head. Because of this bell shaped mark of moon which is present on the fore head of Maa Chandraghanta, Maa is known as Chandraghanta. The colour of her body is golden; she rides on lion who describes "Dharma", possesses ten hands and three eyes, eight of Her hands display weapons while the remaining two are respectively in the Mudras of gestures of boon giving and stopping harm. Devi Maa is posed as to be ready for war. "Chandra Ghanta" meaning supreme bliss and knowledge, showering peace and serenity, like cool breeze in a moonlit night. By her blessings all the hindrances coming in way of a person are removed. Her pleasant looks clears all sorrows and sadness of her devotees. Her roaring voice alerts and makes the demons to tremble.

In Durga Pooja the third day of Navratra is very important in Navaratra. This day the mind of the Sadhak enters Manipura lakra. At this stage by the grace of Maa Chandraghanta he becomes capable of seeing unearthly and divine things. He smells the divine fragrance and many types of divine sound become audible to him. On this day and in this stage of discipline the Sadhak is required to be most careful.

By the grace of Mother Chandraghanta all sins of the Sadhak (striver) are burnt up and obstacles removed. Her worship is instantly fruitful. She is always in a gesture as if ready to proceed for the battlefield and thus she removes the difficulties of devotees very promptly. Her vehicle is lion and so her worshiper becomes valorous and fearless like a lion. The sound of her bell always protects her devotees from evil spirits. As soon as the Sadhak invokes her, her bell immediately becomes active and starts ringing to protect the devotee under her shelter.

Even though she keeps her always busy in killing and suppressing the wicked, yet to her devotees and worshippers she looks most serene, gentle and peaceful. A very good quality that is developed in her devotees who worship her, is-the striver cultivates bravery and fearlessness accompanied by serenity and humility. His face, eyes and the entire body gets effulgent. His voice becomes divinely sweet.

Wherever the devotee worshiper of mother Chandraghanta go, they disperse peace and blessings among the people. From the body of such a striver there always takes place an invisible radiation of divinely lighted atoms.

This divine action is beyond the perceiving capacity of physical eyes but the striver himself and his associates go on experiencing this fact every now and then. By purifying his mind, words, deeds and body through prescribed manner we should worship the mother Chandraghanta and take shelter under her feet. Through worshipping her we can get rid of all worldly sorrows, and attain the supreme goal spontaneously. We should always try to advance on the path of spiritual discipline by contemplating on the sacred image of the mother. Contemplating on her, we can attain the mundane perfection and ultimate good in the other world.

Devi Chandraghanta Maa is known and named Chandraghanta or Chandra-Khanda for the semi-circular moon (Chandra) which appears like a bell (Ghanta) on her forehead. Durga is also worshipped as Ashtamukhi and Shorashi in different parts of India on this day. She is depicted as having three eyes and ten hands holding with ten types of swords - weapons and arrows etc. and is seated on a lion (in some photos on a tiger) and shown as ready for going to war. She is the image of bravery.



## NAVRATRA SPECIAL

### NAVRATRA SPECIAL RECIPE

#### Beetroot Aloo Cutlet



##### Ingredients

- 1 cup grated beetroot
- 2 tablespoon crushed peanuts
- 1/2 teaspoon red chilli powder
- 1/4 teaspoon garam masala powder
- sendha namak as required
- 2 tablespoon ghee
- 1 small boiled potato
- 1/2 teaspoon cumin powder
- 1/2 teaspoon dry mango powder
- 1/2 teaspoon coriander powder
- 2 tablespoon chopped coriander leaves

##### Method:

Take the grated beetroot and squeeze out its juice. Collect it in a bowl.  
Add mashed potato to the bowl and mix well.  
Now add crushed peanuts along with all the spices like dry mango powder, red chilli powder, coriander powder, cumin powder, garam masala, sendha namak and coriander leaves. Now use your hands to mix well and prepare a dough.  
Keep it aside for a while.  
Now grease your hands a bit with some ghee and scoop out dough balls from the mixture.  
Flatten them out a bit to form tikkis.  
Pour 1-2 tbs of ghee on a non-stick tawa and place the prepared tikkis on it.  
Shallow fry the tikkis from both sides until golden brown in colour.  
Serve the tikkis with some yoghurt dip or mint chutney.  
Enjoy !

## JKHCBA Jammu celebrates 130th Birth Anniversary of Maharaja Hari Singh

### STATE TIMES NEWS

JAMMU: The 130th birth anniversary of Maharaja Hari Singh, the last ruler of the erstwhile princely state of Jammu & Kashmir, was celebrated with reverence, enthusiasm, and patriotic fervour by multiple prominent organisations across Jammu.

At the J&K High Court Bar Association, Jammu, an impressive function was organized at the Justice Vinod Kumar Gupta Memorial Bar Hall at the Jammu Wing of the High Court of Jammu & Kashmir and Ladakh. Office bearers and members of the Bar paid rich



JKHCBA Jammu office bearers and others paying tributes to Maharaja Hari Singh.

floral tributes to Maharaja Hari Singh. The proceedings were led by Bar Association President K. Nirmal Kotwal, Vice President Baldev Singh, General

Secretary Pardeep Majotra, Joint Secretary Anshu Mahajan, and Treasurer Rahul Aggarwal. Vice President Baldev Singh and General

Secretary Pardeep Majotra welcomed the attendees and conducted the event. President Kotwal highlighted Maharaja Hari Singh's immense contribution in

establishing the High Court of Judicature in 1928, recounting anecdotes that reflected his vision and commitment to justice. The gathering was also addressed by former President Sr. Adv. M.K. Bhardwaj, former General Secretary Advocate Ranjit Singh Jamwal, and Advocate Supriya Singh Chouhan. Treasurer Rahul Aggarwal delivered the vote of thanks, expressing gratitude to all present. Other notable members included Adv. Babu Ram Sharma, Adv. B.K. Bhat, Adv. Subodh Singh Jamwal, Adv. Shakeel Ahmed, Adv. Amit Manhas, and others.

## Retirees Police League condoles demise of Ex-DGP Jeelani



Retirees Police League, District Jammu members at condolence meeting.

### STATE TIMES NEWS

JAMMU: A condolence meeting was held on Tuesday under the chairmanship of Karanjit Singh, President of the Retirees Police League, District

Jammu, at the Retirees Office, Gandhi Nagar. Two minutes of silence were observed in memory of Ex-DGP Ghulam Jeelani Pandit, remembered as an honest and dedicated officer

who cared deeply for the police force. Many retired officers attended. It was unanimously decided to hold condolence meetings for every departed police personnel.

## "Raja Hari Singh Ditti Pehchan Ji" video album unveiled by Tarun Uppal



Dignitaries releasing "Raja Hari Singh Ditti Pehchan Ji" album.

### STATE TIMES NEWS

JAMMU: The Dogri tribute video album, "Raja Hari Singh Ditti Pehchan Ji," was officially unveiled in a ceremonial event at the Nirbhay Bharat Foundation office in Jammu.

This song, beautifully performed by Shiv Kumar Vohra, pays homage to the enduring legacy of Maharaja Hari Singh and stands as a significant cultural milestone for the Dogra

community. The event drew a distinguished gathering, with Tarun Uppal, Chairperson of Nirbhay Bharat Foundation, gracing the occasion as the chief guest and Manik Uppal attending as the special guest.

The unveiling also saw the presence of key creative contributors: music director Dr. V. Kaithi, lyricist and composer Shiv Vohra from Hiranagar; directors Rahul Dutta from

Jammu and Tarun Sharma, producer Neha Sharma, director of photography Raj Kumar, and the editing team from KD Production Jammu. "Raja Hari Singh Ditti Pehchan Ji" is a Dogri language video album produced to commemorate the birth anniversary of Maharaja Hari Singh and to celebrate the rich heritage of the Dogra community. This project not only honors the historical figure but also strengthens the cultural identity of Dogri-speaking people through music and visual storytelling.

The Nirbhay Bharat Foundation invites all Dogra community members and cultural enthusiasts to experience this tribute, which captures the spirit and pride of their heritage.

## BTSM Youth wing holds meeting, calls for strengthening organisation at grassroots

### STATE TIMES NEWS

JAMMU: The Bharat Tibet Sahyog Manch (BTSM) meeting was held in Jammu on Tuesday in which a large number of youth participated.

Dr Vivek Sharma, President of Jammu and Kashmir and Ladakh UT, addressed the gathering and delivered his message to a rousing cheer of 'Jai Bharat, Jai Tibet.'

He noted that in its 26th years of existence, BTSM has established branches throughout India. Among its many activities, BTSM organised pilgrimages to the Himalayas.

He confidently announced that Tibet will one day be free, and that Indians and Tibetans will celebrate the freedom together at Mt. Kailash, he said, reiterating



BTSM office bearers after the meeting in Jammu on Tuesday.

the resolve that one of the goals of the organisation is to recruit more young members to strengthen the organisation further.

He emphasised BTSM's plans to spread awareness about Tibet, expressing hope that a day will come when Tibet and Kailash Mansarovar will be liberated through the efforts of the Bharat Tibet Sahyog Manch,

thereby enhancing India's security.

Dr Vivek further stated that the "Tawang Yatra" is an annual pilgrimage and awareness campaign for travellers from Guwahati to Tawang, Arunachal Pradesh, and shall be launched as its purpose is to foster solidarity between India and Tibet, create awareness about Tibet's plight and oppose China's

occupation.

This year, the Tawang Yatra will take place from November 19th to November 25th, and it will be inaugurated in Guwahati by the Chief Minister of Assam on November 19th.

Dr Rajesh Sharma, Vice President BTSM J&K UT, reflected on the 26-year history of the Bharat Tibet Sahyog Manch, highlighting

the progress achieved under the leadership of its founder, Dr Indresh Kumar, RSS Senior leader and National General Secretary, Pankaj Goyal. He acknowledged their significant contributions to the organisation's growth and success.

BTSM youth leader Surjeet Chowdhary also addressed the gathering, stating that they would work to strengthen the organisation at the grassroots level and raise awareness among the people of Jammu and Kashmir and Ladakh regarding the cause of BTSM.

Among those who spoke at the event were Tarsem Kumar Sharma, BDC Chairman, RS Pura, Dr Rohit Sadotra, President, Jammu University Unit and others.

## Balwant Thakur meets Union Minister of Tourism & Culture Gajendra Shekhawat

### STATE TIMES NEWS

NEW DELHI: Padma Shri Balwant Thakur, eminent theatre director and former Cultural Diplomat of India, called on the Union Minister of Tourism and Culture, Shri Gajendra Singh Shekhawat, in New Delhi today. During the interaction, Thakur shared his vision for a series of innovative cultural projects inspired by his recent engagements with leading theatre and cultural institutions in England. Drawing on international experiences, he emphasized how culture abroad is not only preserved and celebrated but also strategically integrated with tourism, thereby creating powerful platforms for economic growth through cultural tourism. Balwant Thakur underlined that India, with its unparalleled cultural diversity and heritage, has an even greater opportunity to build synergies between culture and tourism. He pointed out that cultural tourism across the world attracts millions of visitors annually, enriching local communities, creating jobs, and strengthening economies. "If India's vast traditions, theatre practices, festivals, and folk arts are given the right structural



support, they can become global attractions and transform local economies," he remarked. He cited several tourist attractions in England where he witnessed a remarkable blend of tourism and culture, transforming them into global destinations. Particular emphasis was laid on the Union Territory of Jammu & Kashmir, where Balwant Thakur believes there exists immense untapped potential. The region's unique cultural traditions, crafts, music, and performing arts, when effectively showcased alongside its natural beauty, could

make Jammu & Kashmir a leading destination for cultural tourism. He requested the Hon'ble Minister's support in creating infrastructure, platforms, and collaborations to enable these initiatives.

The Union Minister appreciated Balwant Thakur's cultural vision for the country and acknowledged the vital role of culture in positioning India as a premier global tourism hub. He expressed keen interest in such novice ideas and appreciated new innovative ways to strengthen cultural tourism, especially in regions like Jammu & Kashmir which are rich in both natural and artistic cultural heritage.

Balwant Thakur, who has devoted decades to promoting Indian theatre and culture at national and international levels, reiterated his commitment to building innovative cultural pathways that can connect India's heritage to the world while simultaneously empowering local communities.

This meeting marked a significant step towards envisioning a future where India's cultural wealth becomes a central pillar of its tourism strategy, bringing both recognition and economic vitality to the nation.

## FICCI FLO's Vibrant Verve Season-3 wraps up, empowering women entrepreneurs

### STATE TIMES NEWS

JAMMU: FICCI FLO Jammu-Kashmir & Ladakh (JKL), in collaboration with Luxuries of Kashmir, concluded the third season of its flagship lifestyle exhibition "Vibrant Verve Season-3", a two-day celebration of luxury, creativity, and festivity, at KC Regalia, Jammu.

The two days exhibition featured an exclusive range of curated collections spanning décor, fashion, jewellery, and accessories, with participation from both established brands and emerging entrepreneurs across the country. Supported by the Ministry of MSME, Government of India, and powered by Square Infra Build with silver sponsorship from Nidra Sleep Solutions, Vibrant Verve Season-3 reaffirmed its place as one of the region's



Aarti Choudhary, Chairperson of FICCI FLO JKL with others at a programme.

most diverse and inspiring lifestyle showcases.

Expressing gratitude at the conclusion of the event, Aarti Choudhary, Chairperson of FICCI FLO JKL said, "I extend my heartfelt thanks to the people of Jammu for their overwhelming support and encouragement. Your presence and participation have made Vibrant Verve Season-3 a grand success. It is your faith in us that motivates us

to continue creating such platforms where women entrepreneurs and local talent can shine. Jammu has truly stood with us, and for that, we are deeply grateful." The two-day event witnessed enthusiastic participation from visitors and entrepreneurs alike, marking another milestone in FICCI FLO JKL's journey of empowering women and fostering entrepreneurship in

the region.

Present on the occasion were core team members Immediate Past Chairperson Ruchika Gupta, Past Chairperson and National Initiative Head for Collaborations and Partnership Varuna Anand, Sr. Vice Chairperson Varsha Bansal, Vice Chairperson Rupika Sahai, Secretary Nandita Bajaj, and Jt. Treasurer Shipra Aggarwal.